San Francisco Opera’s
Wagner’s DIE MEISTERSINGER VON NÜRNBERG

Curriculum Connections
California Content Standards
Kindergarten through Grade 12

PHYSICAL EDUCATION

MOVEMENT
Walking, dancing, jumping, balancing, leaping, lifting, etc. Ex. Move your body in different ways using the example of each character.

What would dances of the period have looked like?
What level of fitness would be required of a knight?
Practice dancing to music from the opera. What music selections lend themselves to dancing?

PHYSICALITY OF PERFORMING
Endurance & strength, posture, breathing techniques.
Explore the mechanics of singing

TEAM-BUILDING
Research the benefits of choral singing.
Play number games, where students have to gather in groups of two, three, and so on. The object is to get together as quickly as possible. They can also be instructed to create pictures with their bodies, or move in unison.
Construct relays around relationships between characters.

Research the science of singing. What happens to your brain and body while singing?
How does singing lift you up? What are the physical and emotional benefits of singing?